

Depression session 8

Materials: Guide slides 1-7, Preparing for your Baby, Reducing Negative Thoughts

Topics	Materials	Advisor Text
Introduction to the session	Guide 1 How depression works	<p>1.You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself.</p> <p>2. These thoughts affect how you feel and how you feel affects how you act or behave.</p> <p>3.When you THINK bad or negative things you are going to have depressed feelings.</p> <p>4. When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</p> <p>5. Today we are going to discuss things you need to do and think about in preparation for your baby's arrival.</p>
Review Take Home Project progress	Guide 2 Take Home Project sheet	<p>1.<i>Refer to the goal that she identified last visit.</i> How did things go with the steps you planned to take? <i>Review her progress, problem solve if needed, help identify next steps</i></p> <p>2.What happened when you talked to (person she identified) about your concerns about your relationship? How have things gone since then? Are there other issues you want to discuss with him/her?</p> <p>3.What activities did you do; what people did you do them with; did you get to meet new people? How have your moods been?</p>
Needs for support after the baby comes	Guide 3 Preparing for your baby checklist	<p>1. With your baby coming so soon, we talked last visit about the social supports you need for managing after the baby arrives. Let's go over your preparation list and see where the gaps still exist. We can work together if you need help in identifying who can fill the need. . Let's review this list. <i>Review checklist. If she hasn't approached a support person for a particular need, encourage her and role play if necessary.</i> Did you talk to the baby's father about his involvement? What was decided?</p>
Managing negative thoughts	Guide 4 Reducing negative thoughts	<p>1.What events have led to negative thoughts that have troubled you recently? How have you managed them? <i>Encourage her to revise each.</i></p> <p>2. It is not unusual to feel worried about the new responsibilities you will have when the baby comes. You can manage these thoughts and worries in the same way we have been practicing together.</p> <p>3. Let's go over those ways to reduce negative thoughts. One way is thought stopping. Just telling yourself to quit thinking that thought. You could also then revise that thought in to a positive one.</p>

		<i>Use example she offered earlier.</i> You can also set aside a time each day for your worry time but don't let yourself think those thoughts any other time during the day. It is also good to try and use humor, exaggerate your worry to yourself. These strategies are going to continue to be important to you after the baby comes.
Dealing with baby blues	Guide 5	<p>1. Let's talk some more about what to expect after the baby comes. We talked last time about the baby blues and the things that may contribute: fatigue, your hormones, extra work, a fussy baby. It will be especially important for you to find time for yourself and do pleasant things for yourself as much as you can. You may need to look at changes the baby makes in your Plan for the Week and plan on the times you are going to do pleasant activities.</p> <p>2. Rest is extremely important, take naps. Cut down on your routine to do only what absolutely has to be done.</p> <p>3. Call on your support people to help with housework, errands, the other kids. Talk to a friend on the phone, especially one who has an infant. Ask people to stop by to visit.</p> <p>4. When you are having negative thoughts, use your skills to reduce them.</p>
Taking care of herself before the baby comes	Guide 6 Preparing for Your Baby	<p>1. Before the baby comes you need to also be thinking about yourself. Rest is still important. What things can you plan that are pleasant, but give you a break?</p> <p>2. A friend who had a baby recently would be a good person to talk with to get ideas about managing things with a new baby and also to share thoughts and ideas with.</p> <p>3. How are you doing with gathering things that you need and things that will make you comfortable after the baby comes --or before—CD's, videos, magazines? <i>Review Preparing for Your Baby progress.</i></p>
Returning to the clinic		<p>1. Remember, we want to see you after the baby is born. That means coming back 3 weeks after you deliver. This is important to make sure you are getting the support you need.</p>
Review Take Home Project	Guide 7 Take Home Project	<p>1. Next steps in the goal you selected(if she did)</p> <p>2. Plan to schedule pleasant activities each day</p> <p>3. Talk to people who need to fill gaps in your support</p> <p>4. Gather things you need for yourself and the baby</p> <p>How are you feeling about today's plan?</p>